

OPP. STRD. L HG'C B.S. W. HELP.

OPP. GRASP STRD. ST. B.S. W. HELP.

F.

OPP. STETCH GRASP KN. BOW SITTING -
J.S. W. HELP.

111

F.

$\frac{1}{2}$ GRASP STRD. BOW ST. - T.
SPRING 'C.

F.

HD. SGT. SITT. - KN. STETCH 'G.

113

F.

NK. STRD. BOW ST. - T. SPR'G +
BACK STRETCH'G.

F.

HJ. SQUAT JITT. - KN. STETCH'G W.
SPRING'G.

F.

LONG SITTING - T. BEND'G FOR'D TO
GRASP ANKLES + ARM BEND'G.

F.

OPP. FOOT SUPP. LONG SITT. - T.

SPRING'G W. HELP.

F.

GRASP LOW BOW SITTING. - LEG LIFT'G
VV. HELP OF HANDS.

F.

LONG SITT. - A. FLING'G BTW. X. +
FLY + T. SPRING'G (4 TIMES.)



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